



DECEMBER 2016



SHEENA'S PLACE
Support for eating disorders

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

4

5

-Men's Event: Photo
Developing
6:00 – 8:00 pm



6

7

1/ 8



8

2/ 9

9

Client Holiday Party
6:00 – 8:30 pm

3/ 10

10

11

-Self-Care Advent
Calendar Workshop
6:00 – 8:00 pm
-Adult Support
6:30 – 8:00 pm
-Prepping for Holiday
Events- skills Workshop
6:00 – 8:00 pm

12

13

-Young Adult Support
6:30 – 8:00 pm
-Family, Friends & Partners
6:30 – 8:00 pm

-Safety on
Social Media into
the Holidays and
New Year Workshop
1:00 – 3:00 pm
-Supporting Someone Living
with ED through the
Holidays Workshop
6:30 – 8:00 pm

14

15

-Art Studio
1:00 – 3:00 pm
-Nourishing Ourselves WS:
Planning for the Holidays
6:00 – 8:00 pm

16

-Holiday and Hot Cocoa
Day at Sheena's Place
1:30 – 4:00 pm

17

18



19

-Adult Support
6:30 – 8:00 pm

20

-Young Adult Support
6:30 – 8:00 pm
-Family, Friends & Partners
6:30 – 8:00 pm

21

-Getting through the Holidays
Together Support Workshop
6:00 – 8:00 pm

22

-Art Studio
1:00 – 3:00 pm

23



24

CLOSED

25

CLOSED



26

CLOSED



27

CLOSED

28

-Art Doodling Workshop
1:00 – 3:00 pm

29

-Adult Support
6:30 – 8:00 pm

30

31

CLOSED

2017!

1

CLOSED

2

CLOSED

3

-Young Adult Support
6:30 – 8:00 pm
-Family, Friends & Partners
6:30 – 8:00 pm

4

-Getting Grounded in the
New Year
6:30 – 8:00 pm

5

-Art Studio
1:00 – 3:00 pm
-Adult Support
6:30 – 8:00 pm

6

7